

Compliance Corner

NATIONAL

Pokémon Go

The Pokémon Go craze features an "augmented reality" experience in which players are able to find and catch Pokémon characters in the real world. But some users are going above and beyond to catch these "pocket monsters," and in doing so are risking their own physical safety in the process. In the past week, a 19-year-old in Wyoming discovered a body floating in the local river, two players in Washington stumbled upon a loaded gun in a field, four players were mugged in Missouri, and two players were robbed in a California park — all while playing the game.

- Be alert at all times
- Stay aware of your surroundings
- Play in pairs or as a group in well-lit areas to ensure your safety
- Do not drive or ride any device or machinery (bike, skateboard, car) while interacting with the app - "you can't do both safely"
- Do not trespass on private property or go where you usually would not if you weren't playing Pokémon Go
- Be cautious of being lured into a bad situation

STATE

OSHA Heat App

Download the OSHA Heat App that calculates the heat index (both temperature and humidity) where you are working and provides recommendations for how best to protect yourself based on the risk level. Explore all your resources and take every precaution for safety's sake!

LOCAL

Rip Currents

Rip currents are powerful channels of water moving away from the beach. The dangerous currents, generally less than 25 feet wide and

Vector Control works to keep our mosquito population under control!



this issue

Compliance Corner **P.1**For Safety's Sake **P.1**Safe Track **P.2**Vehicle Heat **P.2**Safety Zone **P.2**Steadily Rising Temps **P.2**Off The Wall Training **P.2**Safety Training Calendar **P.2**

For Safety's Sake... Zika Virus

- Centers for Disease Control and Prevention

Zika virus spreads to people primarily through the bite of an infected Aedes species mosquito (Ae. aegypti and Ae. albopictus). People can also get Zika through sex with an infected man, and the virus can also be passed from a pregnant woman to her fetus. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. For this reason, many people might not realize they have been infected. However, Zika virus infection during pregnancy can cause a serious birth defect called microcephaly (<https://www.cdc.gov/ncbddd/birthdefects/microcephaly.html>), as well as other severe fetal brain defects. Once a person has been infected, he or she is likely to be protected from future infections.

Zika virus was first discovered in 1947 and is named after the Zika Forest in Uganda. In 1952, the first human cases of Zika were detected and since then, outbreaks of Zika have been reported in tropical Africa, Southeast Asia, and the Pacific Islands. Zika outbreaks have probably occurred in many locations. Before 2007, at least 14 cases of Zika had been documented, although other cases were likely to have occurred and were not reported. Because the symptoms of Zika are similar to those of many other diseases, many cases may not have been recognized.

In May 2015, the Pan American Health Organization (PAHO) issued an alert regarding the first confirmed Zika virus infection in Brazil. On February 1, 2016, the World Health Organization (WHO) declared Zika virus a Public Health Emergency of International Concern (PHEIC). Local transmission has been reported in many other countries and territories. Zika virus will likely continue to spread to new areas.

Specific areas where Zika is spreading (<https://www.cdc.gov/zika/geo/index.html>) are often difficult to determine and are likely to change over time. If traveling, please visit the CDC Travelers' Health site for the most updated travel information.

As of July 6, 2016 there have been 18 travel related Cases of Zika virus in North Carolina and 935 travel related cases in the United States. There has been no local transmission of Zika virus in the United States thus far.

Rip Currents continued...

roughly 100 to 200 feet long, often form around jetties, piers and breaks in near-shore sandbars. Rip currents become killers when swimmers panic as they're carried out to sea. At least 100 people die from rip currents in the United States every year. If caught in one, swimmers should either swim parallel to the shore or allow themselves to be pulled out until the current dissipates. For more information and the daily rip current risk visit:

<http://www.srh.noaa.gov/data/ILM/SRFILM>.



Safety Review Team

eileen.gardner@brunswickcountync.gov

Driver Training Recap -

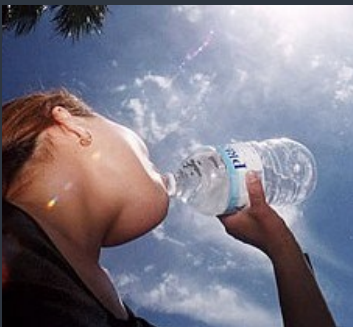
CDL Drivers Attended	59
Non-CDL Drivers Attended	200

Make up sessions August 11



Vehicle Heat

The atmosphere and the windows of a car are relatively "transparent" to the sun's shortwave radiation and shortwave energy does heat objects that it strikes. Such as, a dark dashboard or seat can easily reach temperatures in the range of 180 to over 200 degrees F. These objects (e.g., dashboard, steering wheel, child seat) heat the adjacent air by conduction and convection and also give off longwave radiation which is very efficient at warming the air trapped inside a vehicle. Leaving the windows slightly open does not significantly decrease the heating rate.



S
A
F
E
T
Y
Z
O
N
E

How Much Water Is Enough?

As a general guideline, the recommended amount of water intake is one quart per hour of active work or exercise for the average adult. It is proven best when taken in 15 minute increments, for example an 8 oz. glass every 15 minutes.

A Safety Tip brought to you by your Safety Review Team.

SAFE TRACK

Worker Injury Comparisons Over Two Years

Fiscal Year	# of Worker Injuries	Cost Incurred
2014-15	78	\$ 479,687
2015 -16	81	\$ 274,817
	159	\$ 754,504

Most Severe Injury by Cause over Two Years

Motor Vehicle	7	\$ 334,778
Strain/Sprain	7	\$ 106,160
Slip/Fall	4	\$ 64,881
Struck by object	17	\$ 57,134

Type of Injury Break Down over Two Years

Lost Time	18	\$ 700,685
Medical Only	79	\$ 53,819
Record Only	62	\$ -
	159	\$ 754,504

Most Severe Injury Type over Two Years

Contusion	26	\$ 241,249
Strain	41	\$ 176,713
Burn	1	\$ 32,145
Poisoning	1	\$ 30,071

Steadily Rising Temperatures

Occupations where employees are performing most of all of their work outdoors, face serious hazards from working in the heat. When the body heats to quickly to cool itself safely, or when you lose too much fluid or salt through dehydration or sweating, your body temperature rises and heat-related illness may develop. Heat disorders share these common features:

- They start with someone that has been in the heat too long, exercised too much for his or her age and physical condition.
- They are generally remedied by getting the person out of the sun, applying cool wet cloths to skin and sipping water.

Use prevention when working outdoors this summer. Water, Water, Water! Dress in cooler colors and work smarter not harder!



Off The Wall ...Training for your next safety meeting

Post this on the wall for everyone to see



Take Away Tips...Everyday Ergonomics

Cumulative Trauma Disorders (CTD's) are strains that result from long-term repetitive motion or from continually working in an awkward position. Strains commonly occur in the wrists, arms, shoulders or back, affecting the body's joints and surrounding muscles and tendons. CTD's are said to be today's fastest growing occupational problem, affecting all types of employees, from computer operators to construction workers. Modern equipment, tools and machinery have increased production capabilities in many ways. But in some cases, they have also increased the potential for strain injuries in people. These disorders not only cause great discomfort, they can also affect a person's employability and personal lifestyle choices.

Suggestions for reducing your exposure to CTD's"

- Do warm-up exercises before beginning physically demanding tasks (take a tip from athletes).
- Plan ahead, if you will be doing a job that is awkward, think of ways to make it easier.
- Rotate your work position to change how muscles are used during your work shift.
- Use the proper tool for the job to avoid awkward movements and the need for overexertion.
- Take a rest break when fatigue sets in. Just a few minutes can make a difference.
- Carefully stretch tired or overworked muscles to improve circulation and relieve tension.
- When appropriate, use anti-shock or anti-vibration gloves.
- Always use proper lifting techniques. Back strain is one of the most common CTD's.
- When using hand tools keep your wrists in a "neutral" position, as opposed to repeatedly bending them up, down or sideways during work tasks.

All muscle discomfort and fatigue is not a cumulative trauma disorder. Everyone experiences occasional aches and pains from both work and play, especially when you are not used to the activity. Nevertheless, awkward, repetitive work positions can result in long-term physical problems, so it's up to you to avoid these in whatever ways you can. If the ache doesn't go away within a day or two, follow the above suggestions to adjust where you can to prevent injuries.

BRUNSWICK COUNTY SAFETY TRAINING CALENDAR

Month	Level I	Level II	Contact Person	Contact #
	All Departments	Occupation Specific		
August	Equipment Safety	Global Harmonization Standard	Brit Huggins	253-2350
September	Hand Tool Safety	Confined Spaces	Donald Dixon	253-2485
	Fall Protection	Machine Guarding	Eileen Gardner	253-2078

Email eileen.gardner@brunswickcountync.gov to schedule your department's training!